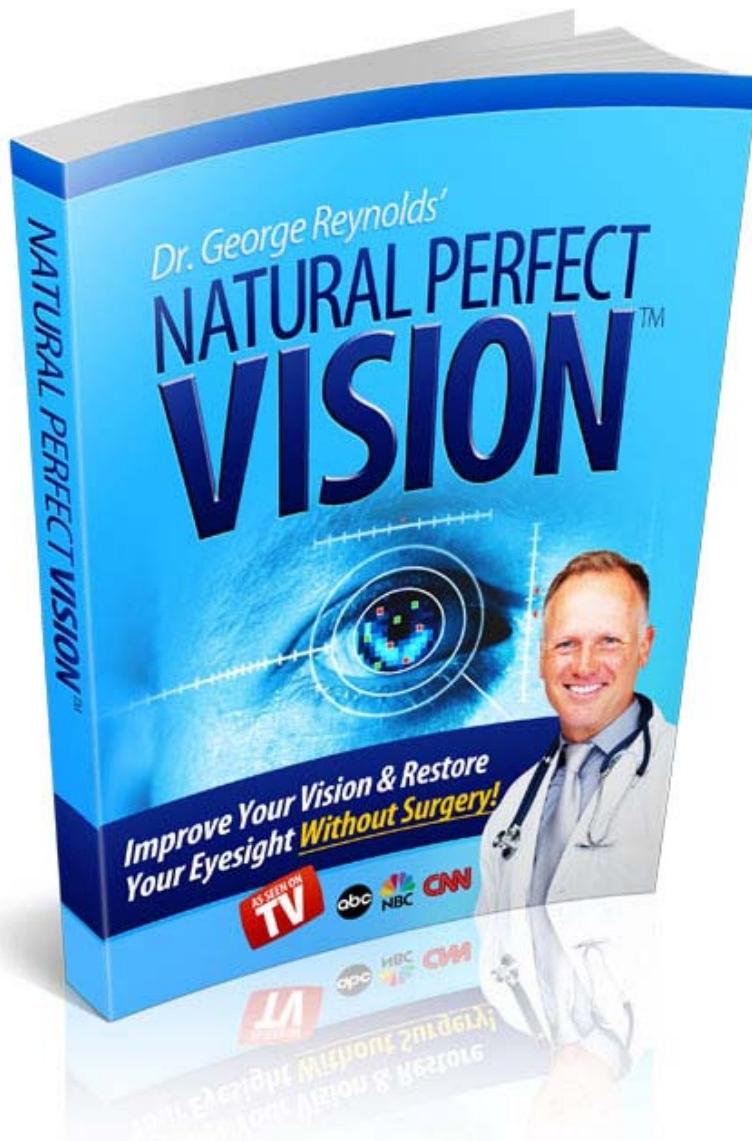


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CHAPTER 1: IMPROVING VISION WITHOUT GLASSES



IMPROVING VISION WITHOUT GLASSES

As we age and grow older our eyes pass through different trials and toils, strain, and overtime the use of the eyes has lead many people to seek the aid of vision enhancing devices that we commonly know as eyeglasses and contact lenses. Upon use, these devices provide immediate relief for blurry vision and its accompanying side effects.

These devices, along with various medical enhancements for the eyes, are generally the first and only interventions we use when it comes to our vision, and little did we know that vision can also be improved and repaired through natural and non invasive means.

These natural methods are simply done by using do it yourself exercises, homemade vision enhancing devices, and proper diet and herbal knowledge. All of these simple interventions are to be discussed in this book thoroughly, as we go on and progress with our discussion.

These alternative and natural avenues for vision enhancement will be discussed thoroughly and often side by side with their medical counterparts. In this book, you will see that some of these medical interventions cause more harm than relief for its patients, causing more time and effort with doctors and the medications can be more costly.

Please consider this book as a guide in your journey for overall eye health. Prevention is better than cure. Thus, simple remedies are discussed here to prevent further deterioration of the eyes. In this book, you will find out that simple juices consisting of fruits and vegetables contribute greatly to your eyes' health and wellbeing. The fruits and vegetables will be discussed in detail, according to their use for corresponding disorders.

The facts here can be pretty overwhelming, but very interesting. Comprehension and retention can be difficult at times, but referring back to previous pages of the book is always advisable.

You're sure to browse back in this book as you recognize that dependence on vision enhancing devices, such as glasses and contact lenses, is unnecessary. With the tips and steps here all suitable for any age, with the promise of gradual improvements, unlike some devices you're used to, your eyes will be set to improve on their own and in a natural way, allowing you to see everything with greater, unaided clearness.

INTRODUCTION

To put it in simple words, your eyes are the only organs in your body that detect light and convert it into impulses which are then transmitted and translated by the brain. Your eyes work from morning until night, and even work when you are asleep. They take in tons of information in a single sweep of the surrounding environment, colors, shapes, movements, and anything that it can view is then transmitted to the brain for processing. All of this happens, as they say, in the blink of an eye.

Indeed, its one of the most important sensory organs in the body as it helps us to be aware of everything that is happening around us. With all this work, it is

not surprising that it is one of the organs that is expected to degenerate as we grow old. Basically, we all recognize the signs when eyes begin to change; words and images begin to get blurry, focusing on objects is not as easy as it was years ago, and so on. All of these symptoms lead us to visit a doctor and after all the tests we find ourselves recommended to use glasses or contact lenses, and usually we do.

Using glasses and contacts is not a problem these days as everyone uses them. It's the best way to adjust and to provide a quick fix to our vision problems. It's a known fact that these devices are only there to enhance and not to develop or improve our vision. As time goes on, we need to pay the doctor another visit to adjust the glasses lens strength. Yet, another evidence shows that our vision tends to get worse as we grow dependent on these vision aids.

As you read on, you will find ways that will help you improve and develop your eyesight in a way that doesn't require you to use vision aids. On the contrary, this book will provide interventions and exercises whereby you can develop

your eyes and their vision, from being poor to good or even to better than others your age.

However, if you have signs and symptoms of eye problems it is best that you consult your doctor first. There are many eye problems out there and some of them are serious compared to others and require immediate medical attention. It's a major consideration that you see this book as an alternative treatment to medical interventions and not as a primary aid. The information here is not intended to replace medical help so it is best that you see your physician to receive better information about the disorder before treating your eyes yourself.

CHAPTER 2: WHAT CAUSES EYESTRAIN



THE TOP CAUSES OF EYESTRAIN AMONG PEOPLE

The eyes are one of many organs that get affected when something is not right within the whole body. Case in point, the eyes get blurry and somewhat out of focus when you are tired or stressed. That's why one of the general causes of eyestrain is poor health.

Eyestrain doesn't develop overtime. It's a product of years and years of pressure and excessive use of the eyes. If you are experiencing symptoms of eyestrain and you seek to find the root of the disorder, then you need to evaluate your lifestyle first. The life you lead is one of the main causes of eyestrain. Although it's a small part of the many contributors, its one of the long term reasons for eyestrain. Your lifestyle can also contribute to the disorder because your eyes work as hard as you do. Every pressure and stress you feel in your hectic life, every pressure to succeed in every assignment, is seen and processed mainly by the eyes, thus causing gradual changes in its ability and vision.

As mentioned, eyestrain doesn't develop overtime. It's the product of years and years of improper use. It all started when you were a child. Yes, you have caused the eyestrain that you have now, starting back when you were a child. How did this happen? We first look at the very beginning of your school days, when bad eye habits first developed.

When you go to school you are faced with different bad factors; boredom, lack of interest, and frustration in school and learning. All of these factors contributed to the poor eyesight you will have, or already have. How in the world did boredom and the other factors give you bad eyesight? Well, to put it in perspective, when you were a child, during the time that you weren't in school, you had the best eyesight in your lifetime. I'm sure you would agree. During this time you were able to learn things and subjects without any restrictions or any pressure. Your mind was stimulated with different things and you were very eager to learn. However, unlike school work, you had the choice to explore only the things that interested you, with no restrictions. With

school comes various subjects and pressure to learn and even memorize data. You were pressured to do these things because you knew that there would be corresponding punishment for unfinished work.

With punishment comes the will to avoid and prevent it from happening, so children push themselves to learn things, even if they don't like it. As this practice goes on, you have slowly developed bad reading habits where you would use your eyes to read for long periods, until you finish everything.

Unconsciously, you have now developed these bad reading habits, reading and using your eyes until they are teary and hurting. To better aid you in rooting out causes of eye strain, here are other factors that contribute to poor vision:

- Bad posture
 - Reading when you're tired
-

- Pressure
- Stress
- Fatigue
- Prolonged use of alcohol
- Bad lighting
- Straining of the eyes
- Prolonged use of electronic devices, such as TVs and computers
- Bad diet
- Poor working conditions

You are definitely now realizing that there are several contributing factors to poor vision. The actions listed above are habits that are not that easy to eliminate, but with this book you will realize that you have the ability to change and reverse the processes which can lead to poor vision. The first step, like many other cases, is to accept that you have to undergo a change regarding habits that include your eyes.

This book will guide you with exercises and facts, but like your bad habits, the book does not promise to cure and improve your vision overnight. Take this self improvement guide and use it without pressure and stress. It's important that you work at a pace that you're comfortable with and make the improvement in a speed that is applicable to you, as otherwise you will just go back and practice your bad habits.

CHAPTER 3: THE BENEFITS OF RELAXATION TO YOUR EYES



WHAT CAN RELAXATION DO FOR YOUR EYES?

As small as the eyes may be, they are considered one of the most essential body parts to man. Being that important, you need to understand them and use techniques that help your eyes to relax and rest.

Relaxation of the eyes has a lot of benefits; basically an eye that is in good condition is great, also to the overall health of the person. In this chapter we will discuss ways that will aid you in relaxing your eyes properly. As we begin this simple exercise, I will require you to have both elements available, which are time and a quiet, private place.

Using the two elements, you will easily find yourself relaxing without even starting the exercise proper. Now, to the exercise of relaxation, you need to sit down, close your eyes, and do quiet, deep breathing in order to relax your whole body. Inhale deeply through your nose and exhale slowly through your mouth, with pursed lips. Now, as you close your eyes, take yourself to a

soothing place or scene, one that provides you undisturbed relaxation and rest. Think of the wind, a soothing wind that slightly brushes your face as it passes. Envision the wind, your only companion, to be lightly blowing around you.

As you slowly relax and rest, you need to allow the vision behind your eyelids to become darker. The darker your vision, the more relax you can become. Keep the wind around blowing lightly. Feel its soothing breeze. Stay in this position for 5 more minutes.

After a few minutes of relaxation, slowly open your eyes. At this point, you will notice that everything around you is now much clearer than before you did the exercise. Your vision has slightly improved because you have not exhausted your eyes with any forced distractions, any pressure from external factors, or any strain from stress.

The exercise you just did provides your eyes and body with uninterrupted time to relax. By regularly doing this between activities, you will see that your eyes and body will have improved function. The exercise slowly removes and throws away the stresses and strains that your day has given you, eliminating any lethargic feeling and providing you with a better chance to cope with stress. This exercise is spreading quite quickly and big companies are taking notice of its importance, so they provide their employees with time to relax and rejuvenate before giving their work another go.

The first exercise demanded an ample amount of time and an undisturbed space, but we all know that not all of us are blessed with these two elements around the clock. In order for you to restart and shrug off some of the day's pressure, we've come up with these quick and easy ways to fix your eyes and body. Here are some few simple exercises for your eyes and mind:

The first exercise requires you to look away from the work you are currently doing, and blink a few times. By blinking you produce more liquid in your eye giving it more lubrication, hence improving your eye sight.

The second exercise requires you to completely look away from your work for a moment. Now, you have to focus on objects at varying distances. This last exercise aids you in focus and concentration, with your eyes and mind. As you read on, you will see and learn many more quick and easy exercises, all designed to counter and alleviate eye problems.

CHAPTER 4: THE MYTHS AND FACTS ABOUT POOR VISION



THE MYTHS AND FACTS ABOUT POOR VISION

Our eyes are essential and delicate. They are an organ that is exposed daily to the wear and tear of a person's life. As you grow old you will experience a slight change in your vision, and you will eventually realize that your eyesight is deteriorating as years pass by. There are many reasons why the eyes gradual change. In this chapter, we will discuss some facts about how our eyes work and function, and the reason for their deterioration. Along with the facts, we will also discuss a couple of myths that developed years ago about poor vision, and so on.

As mentioned earlier, our eyes are greatly affected by our daily routines, especially our lifestyle. Along with many organs, your body reacts and functions the way it currently does because of your ability to take care of it. The number one cause of diseases in man is the manner of carrying our daily routines. When one practices a lifestyle with excessive alcohol and a bad diet,

then it is likely that you will never get old because you will most probably never reach the age of 50.

Your organs improve and function well because of the nutrients that you supply them with daily. Having said that, your organs deteriorate and malfunction because of the things you habitually do to harm them. The eyes are as equally affected as the other organs when it comes to your daily activities. Along with the daily strain and wear and tear, your eyes also demand nutrients and vitamins from the food you eat. Therefore, if you were not able to provide such supplements then it's expected that you will soon experience some changes for the worst, when it comes to your vision.

When treating the eyes it's important to get your information straight. There are old practices that are still being considered by many when it comes to the overall wellness of the eyes. These practices are myths regarding how your eyes decline in function. If you are serious about treating your eyes and

improving their ability then you have to cut out these myths about the organ, so that you can seek and avail proper interventions for your vision.

When you have eliminated such myths you will be capable of treating your eye disorders in the best possible way. To elaborate more on the myths of eye disorders and vision, here is a list of some popular myths regarding eyes:

EATING A LOT OF CARROTS WILL HELP YOU IMPROVE YOUR VISION

There are different myths regarding the causes of poor eyesight in man. These beliefs have developed from years of naturally treating diseases, without the opportunity of getting a first hand update on medical updates. Although these myths may have a small grain of truth in them, the fact remains that their proposed cause and treatment for ailments to your eyes have no or little scientific backing, and have no therapeutic claims. This brings us to the myth of eating carrots. Indeed, carrots have all of the nutrients and vitamins

required for supplementing the eyes for them to be healthy, but they cannot improve your vision alone. They should be accompanied by other foods and vegetables for them to have an effect on the improvement of your eyes. Therefore, to improve your eyes you should have a balanced diet whereby there is a presence of carrots and other vegetables in a dish, to provide your body and eyes with the nutrients they need.

A NIGHT LIGHT IS CONSIDERED A NO-NO WHEN IT COMES TO TODDLERS BECAUSE IT CAN CAUSE POOR VISION

With all of the information today about medical advances and so on, and mans access to it, I don't blame you if you were also surprised by this myth. However, as funny as it is to some people, they still believe that night lights can cause poor vision, as well as reading in the dark producing the same bad effect on your eye. The truth is, night lights and lamps in the dark for children don't have any bad effect, as long as you keep them at a proper distance from the bed of the toddler, otherwise you'll risk your child getting blistered or

electrocuted because of the lamp's warmth and the child's curiosity to touch anything that they see. Other than that, having a night light for a toddler is perfectly fine.

Concluding the topic about night lamps, we now go to the other myth about the dark and its effect on the eyes. Reading in the dark certainly has its bad effects. Sure, it will cause strain on your eyes, but it will not immediately affect your vision. It is more likely that you will get a headache and eye strain, which is more than enough to hinder you from reading again in the dark.

Just to get a solution to the reading myth, provide yourself with a good lamp and place the book where the light falls, giving you a good view when reading.

CONTACT LENSES CURE NEARSIGHTEDNESS PERMANENTLY

As mentioned earlier, vision aids can only go so far. They are devices that give an immediate and quick fix to blurriness and problems in focus, but as vision aids they are not capable of treating any eye disorder permanently. In fact, as time goes on, you need to have your glasses and your contacts' grades adjusted because your eyes are still deteriorating.

OVER THE COUNTER EYEGLASSES ARE BAD FOR YOU AND YOUR EYES

Here are some quick truths about OTC glasses. These glasses were made and designed for a specific person and condition, and there is a select group of people in mind for each eyeglass. Therefore, that's why you see different sizes and shapes of OTC eyeglasses. Aside from being fashionable, the various sizes

and shapes are designed specifically to aid and solve a specific eye disorder. Hence, a vision number is assigned to each; the number allows you to refer to a guide where the vision number and the corresponding eye problem are presented. You will then select the vision aid with the number which corresponds to your current eye problem. These OTC glasses are perfect for reading books, newspapers, signs, and so on. If you use them for other purposes you will have to expect some eye strain, which is where the myth about OTC glasses being bad for you originated from.

PROLONGED TV USE IS BAD AND CAN LEAD TO POOR VISION

Although there is some grain of truth here, there is no scientific explanation that TV can really result in you wearing eyeglasses because of its bad effects on the eye. What really results in you having to wear eyeglasses is watching

and using the TV at a very close distance. It's obvious that watching TV will have a great effect on your eyes, and prolonged TV use will only cost you eye strain and a period of headache.

There are many myths out there that can really be of more harm than good because of their convincing nature, and the hundreds of people who believe in them may become astray and suspend their consultations with physicians instead, and resultantly opt for a more natural, non-healing treatment.

You should scrutinize information that you receive, especially when it comes to health information. False beliefs and treatments may hinder immediate and proper care, resulting in more serious and complicated problems. Now that you are familiar with some of the common myths, you are better equipped in understanding and segregating facts from myths.

As we browse over the myths mentioned you may have noticed that the majority of the cases produce eye strain, and some of them even promised

false treatments for eye disorders. If you have problems regarding eye strain then you should refer back to the previous chapters and practice the relaxation techniques.

As a review, the technique goes this way:

- Close your eyes and completely relax. By relaxing properly you allow the blood to flow to your eyes without any strain.
- Close your eyes in a way that you will only see blackness behind your eyelids. The darker the vision, the more relaxed you are.
- After achieving a relaxed and dark manner of sight, you can now open your eyes.
- As you can observe, there is an immediate effect when it comes to blurriness and focus.
- Evaluate and note the time needed for your vision to get back to normal function.
- You will be exposed to other eye exercises as you progress.

CHAPTER 5: THE PROS AND CONS OF WEARING EYEGLASSES



THE PROS AND CONS OF WEARING EYEGLASSES

Deterioration of the eyes' capability can be troublesome, and at times alarming. It can be troublesome because the eyes are one of the main sensory organs. Most of us are very dependent on what the eyes see. With every action that we do we involve this organ, so you can imagine how troublesome it can get. It's alarming because deterioration of the eye picks no specific age. It can happen to anyone, young and old.

Because we depend so much on its capability, we have to come up with ways to preserve, if not make use of, what remains of our eyes. This means that we seek the most cost effective and quickest aid that will alleviate any symptoms of eye disorder. When talking about vision aids, eyeglasses are the most popular aid that comes to mind. They're very cost effective, adjustable, fashionable, and available. They have the ability to make use of the remaining

ability of the eye and magnify it by using different grades of lenses to produce a vision that is close to normal.

Years of use by man has proven that eyeglasses are nothing but effective, but what we fail to seek is a permanent cure for eye disorders, instead of just settling with a vision aid like glasses. In fact, dependency on glasses causes you to seek further interventions for your eyes. Eyeglasses are an effective vision aid and that's that. They do not cure your blurriness and focusing problems, they only aid and adjust according to your eyes current status.

What we are going to do now is show you another exercise which can improve your vision with practice, without the use of any vision aid. First, you need to determine how bad your eyesight has gotten since the first day that you wore eyeglasses.

You can do this by not wearing your glasses in span of one hour. Then, get yourself a book or a magazine with different size of images and lettering. Start by focusing on the bigger and much easier to focus on images and lettering,

then gradually find yourself smaller and much more difficult images and lettering, until you come to a point where you can not have a clear and visible projection of an image. This evaluation will give you a base line which you can refer back to after you have done a certain exercise/experiment on improving your eyes vision.

Having done that, you must pick a day where you have time to stay in your house for the exercise to begin. Make sure that you have made your surroundings safe for you, since you will undergo the exercise without your glasses.

Then again, perform the relaxation exercise done in the previous chapters. Sit yourself at a table comfortably then put your palms lightly on your eyes, aiding them to close. Close your eyes until your vision becomes dark and black behind your eyelids and then breathe deeply and calmly until you are relaxed, and finally put down your palm and slowly open your eyes.

As you open your eyes you will feel that your eyes are now a bit refreshed, compared to how they were a moment ago. Now, you need to read the materials/ magazines, starting from the larger down to the smaller and more difficult images and letters, down to the image and word that you had trouble seeing last time. You'll realize immediately that your vision has gotten better; you should be able to compare how good or bad your vision was when you were not wearing any glasses. If, by some chance, your vision has gotten better with the exercise, then we know that you are able to improve your own eyesight with time and effort.

This exercise has proven to you that you have definitely got limited vision and upon doing the exercise your vision has gotten a bit better. As you go on and read the following chapters you will be exposed to an eye exercise program that will help you to gradually improve your vision, to the extent that you will be able to say goodbye to your glasses. All of these exercises are applicable to all ages. So, whether your young or old, its best that you read on because the experience may be life changing.

Because the exercises provided a promised result that is gradual, it's best that you keep your hands on your glasses. You will need them throughout the exercise. Just like I have said, the following exercises are achievable by any age, but they will require time and effort. Consider this experience to be a journey to overall improvement of your life. Achieving the unknown, improving your body in an alternative way, and effectively getting the results you are working for. Achieve all of this by reading on and finishing what you have started, and finally escape your dependency on vision aids.

CHAPTER 6: EYE EXERCISES THAT WILL HELP YOU IMPROVE YOUR EYESIGHT



EYE EXERCISES THAT WILL HELP YOU IMPROVE YOUR EYESIGHT

We have now come to the part where we discuss the different eye exercises to improve and aid your eyes, without the help of any vision enhancing devices. As we have established, we value and love our eyes and all of their work. Now, we come to the point where everything we have talked about in the previous chapters will be materialized. This chapter provides ways whereby we can slowly correct the effects of bad reading habits and other activities we have done in the past that may have misused or pushed our eyes to the limit, resulting in a deteriorating organ.

Before we proceed with the exercises, you must know and understand that it will take time and a lot of effort from your part before any permanent improvement is seen or felt. Remember, these are eye exercises for improvement, with no medicines or devices. So, it's very clear that there will be no shortcuts here. The exercises are very easy though, and like I have said, very doable. Try to do them properly, slowly, and one at a time, to produce

quick results and improvement. As you master each exercise you should consider that every disorder is unique per individual, so do not be discouraged if your vision is not improving at the pace that you expect it to. It's nice to know that these exercises are considered long term exercises, which aim to develop and improve your vision for the rest of your life.

Again the information in this book is not intended to replace any immediate medical care needed by a person who is suffering from an eye disorder. It's highly recommended that you should first consult a credible physician regarding your disorder before considering the exercises that will follow. In this manner, you will get immediate and proper medical treatment that is suitable for your current status.

THE 1ST EXERCISE: PROPER FOCUSING

This exercise is designed to improve your ability to focus.

This exercise will require you to go outdoors, for vast options of objects and scenery. We need these objects because you will exercise your eyes' ability to focus on objects and images at varying distances. Make sure that the place you have chosen as a venue for this exercise has no obstructed view for about a mile or two.

STEP 1:

- The first move is to choose an object that is within 3 feet of you.
- Second is to move and look closely at this object (don't go up close to it) until you are able to identify it well. Follow this instruction properly.
- After you have done this, proceed to step 2.

STEP 2:

- Again, the first move is to look for an object placed about 30 feet away and make sure it's not obstructed by any other object.

- From where you are standing, examine the object as clearly as possible, noting all features and aspects of the object. You are now ready for step 3.

STEP 3:

- You have to select an object now that is 500 feet away from you.
- Again, from where you are standing try to examine the image as clearly as possible, noting all features and aspects of the object. You are now ready for step 4.

STEP 4:

- Now you are asked to look for an object that is extremely far away from the previous 3 objects.

- Again, examine it without drawing closer to it. Examine it very closely and note all of its features and traits. Once you are finish doing that, focus your eyes back to the object in STEP 1.

Consider this:

- *This exercise should be practiced at least ten times a week, two times a day.*
- *Improvement of the eyes will be achieved if done properly.*

THE 2ND EXERCISE: AN ALTERNATIVE EXERCISE FOR EXERCISE 1

This is considered as an alternative version of exercise 1; it entails you to use your imagination and creativity a bit. The instructions are easy, just think of it as a simple game of imagining an object and moving it to a distance.

- You need to imagine yourself as an object, such as a toy, cube, triangle, or a ball, and imagine it as clearly as you can.
- After you have imagined this object, place the object to a distance 3 feet from you. Like in exercise 1, focus on the object and its details.
- Then, imagine the object moving away from you at a distance of 30 feet. Keep in mind that the object gets smaller as it goes further away.
- Again, you need to focus on the object, evaluate, and examine its details and features.
- After that, send the object away again so that it is at a distance of 500 feet away from you.
- Try to notice how the image looks now. Again, you need to focus on the object, evaluate, and examine its details and features.
- Try not to think of it as a real object.
- Then, send the object away from you again, to a distance of a mile.
- Examine the object again, making sure that all of the details are correct.

- Note that your vision and focus will change as the object is now about a mile away from you.
- You will now see the object much differently than before, and you won't be able to see the features at all.
- After doing this, send the object back towards you at a distance of 3 feet. Focus and imagine what the object looks like as comes towards you.
- Repeat this exercise ten times a week and twice a day.

THE 3RD EXERCISE: DISTANCE VIEWING OF OBJECTS

Focus is honed through a simple exercise called distance viewing. Here, we are going to use this exercise to practice distance viewing. You will need a pencil or your finger to help you with this activity.

STEP 1:

The first move is to hold up one finger, or the pencil, in front of your face at a hands distance, and then close one eye and try to focus on the finger or pencil for about a few minutes.

STEP 2:

After doing this, use your open eye to look into the distance as far as you can.

STEP 3:

After doing step 2 properly, bring your vision back to the pencil or finger in front of our face. Do these steps about 20-30 times for each eye.

With the exercise you practice using the eyes' ability to see at varying distance.

The exercise encourages this ability and with repetition you will be able to efficiently do the exercise without any signs of eye problem.

***THE 4TH EXERCISE: THE EXERCISE TO IMPROVE BLOOD CIRCULATION
TO THE EYES AND HEAD.***

This is a simple neck to head exercise that you may have done before. It involves your head moving up and down properly. Obviously, this exercise works the muscles in the neck which then promotes strength and blood circulation above the neck area. This exercise is simple but harmful if done carelessly, so be very careful with this exercise because it involves your neck.

Step 1: Stand straight, properly and in a relaxed position. Keep your head straight and aligned with your body.

Step 2: Slowly tilt your head upwards, looking at the sky or ceiling, and hold it there for a few minutes.

Step 3: Then, slowly move your head down, looking at the ground again, and hold it there for a few minutes.

Step 4: Finally, slowly return the neck and head to their normal position.

Again, repeat this exercise 10 times a week and twice a day.

THE 5TH EXERCISE: THE FIGURE EIGHT

This is a simple exercise which involves the eyes; you may have done this at some point in our life. If you are familiar with this exercise then you know that it's designed to develop the muscles around the eyes. It's made for flexibility and focus, however you will need to find a relaxing and quiet place before getting started with this exercise.

Step 1: The first step is to imagine that there is a figure eight at a distance of 10 feet from where you are standing.

Step 2: Imagine that you have turned this number on its side, facing you.

Step 3: Using your eyes, trace the lines that make the number eight. As if you were drawing a number eight with the use of your eyes, continue this action slowly and for a few minutes.

Step 4: The next step is to stop and do the exact same thing, but now in the opposite direction. Do these for few minutes then allow your eyes to relax. Perform this exercise 4 times a week, twice daily.

THE 6TH EXERCISE: PALMING FOR RELAXATION

This is an exercise that you will quickly realize is very relaxing and helpful. It's perfect in providing a quick fix by relieving stress, especially in the eye area. When you couple this with the right relaxation techniques you will find it works great.

Consider this:

This is an excellent exercise technique for frequent computer users. It's perfect for relaxing the eyes, and giving them a short rest from the glare emitted by the screen of the monitor. It also gives the eyes time to refresh.

Step 1: Provide yourself with a quiet place or just a chair and a table.

Step 2: Remove any vision aids, glasses, or contact lenses, and take relaxation breaths before proceeding to palming.

Step 3: Lean forward at the table and place your elbows comfortably, to support the larger part of our head. You can also place your elbows on your knees if there is no table available.

Step 4: Rub you hands together to generate certain warmth, at the same time closing your eyes.

Step 5:

- Now gently, without putting any weight or pressure on your eyes, place your two hands over your eyes.
- With the palm over your eyes you should be able to blink freely and without feeling as if there is a weight against your eyes.
- The palms should form a cup over the eyes.
- Position yourself so that you lying on your forehead and the heel of your hands are resting on your cheekbones.

Step 6:

- As you maintain this position, tense the muscles in your entire body.
- Gradually relax these muscles and let your whole body relax during the exercise.
- As you relax, achieve a dark wall against the lids of your eyes.
- The darker your vision gets, the more relax state your body is in. This is a clear indication that you are becoming more relaxed.
- Cup your eyes for a time period of 15 minutes.

Step 7:

- After 15 minutes, open your eyes.
- Note your surroundings and the clearness of the environment.

Ask yourself these questions:

- Are the colors you see brighter?
 - Do the objects around you stand out more?
 - Can you see better without your glasses now?
- Note the amount of time that it takes for your eyes to adjust from this state back again to the previous state.

Consider this:

Use and take full advantage of this exercise. This is a quick and easy exercise which is very doable, anywhere at anytime. As you do the exercise, remember that your main goal is to achieve a relaxed and clear mind which also benefits and starts from the eyes, so when doing the exercise always keep in mind not to haste the entire process. Do not put pressure or strain on your eyes by improperly palming the area of the eye. Make sure that you only cup it. Do this exercise as often as needed and see the results yourself.

THE 7TH EXERCISE: THE EYE CHARTS

Have you ever heard of the Snellen chart? Well, in this chapter you will be shown 5 charts, which were the idea of Dr. Bates by the way. These charts are made up of images and various letters in different sizes and placements. All of these elements will be colored black in order to eliminate any distractions, aiding you to focus on the exercise.

This exercise is designed to evaluate your focusing abilities; you will be guided by simple steps until the end of the exercise. At the end, you will find out what your limits are regarding focusing, but don't be alarmed by the result as these exercises also aid you in focusing, so do them properly.

There are 5 Snellen like charts in this chapter It's advised that you print these 5 charts so that you can take them anywhere and practice with them in your leisure. Be reminded that you are not allowed to use any vision aids while doing these exercises, so glasses and contact lenses are prohibited.

Step 1:

- You should first find a permanent home for the charts.
- The charts should be placed somewhere that allows you to view them without any problems, all throughout the day.
- Ensure that there is proper lighting in the chosen location.

Step 2:

- When the charts are in place, stand ready or sit several feet away and then try to view and browse the charts.

Step 3:

- Read and view each letter of the chart on each line.

- Start reading from the top line, working your way down to the bottom line until you reach a point where you can't focus or see the images anymore.

Step 4:

- As you finish step 3, read and view the chart with your hand covering one eye.
- Again, do the exercise from the top down to the bottom line, until the letters and images become blurry.
- Stop and note the time and line where your vision becomes bad and blurry.

Step 5

- Repeat step 4, with the opposite eye.

➤ During the whole exercise, slowly open your eyes and go to the charts.

There you will find indicators, what are considered nearsightedness and farsightedness. Try to categorize where you belong.

The results may alarm you a bit or not at all. Do not be alarmed if you are. You have purchased this book in order to improve your vision, and we will do that. Keep a record of the results of the whole exercise; this will serve as a basis as you go along the program for improving your eyes. As you go on with the program, try to check with the charts again and see for yourself the good results of your hard work. You will eventually surpass the lines and letters where your sight became blurry and unclear. The exercise you are doing, and about to undergo, attacks the root causes of eye strain and bad habits. It does not only provide a quick relaxing fix for the eyes, but also provides a relaxing rest to the whole body. As you have now realized, the exercise aids in reducing and eliminating certain amounts of stress, so follow the instructions and the frequency of exercise so that you can improve your eye sight gradually and properly.

The exercise is good for people of all ages. As you can see, there will be visible and fast results after the exercise, but permanent improvement of the eyes will only be achieved if the exercises are done often and for a period of time. So, take your time and trust the exercises and the program. You will not regret the time spent.

Eye Charts

C h a r t 1

CHART

At this point
your FAR
vision is
good if you

R ♠ ♠ F

→ E Z ☼ H J ☼ O U

K U ☺ R A ☺ E ☺ M P X

B D F®J L N ®R T V A

Y U F R ☺ O N G D ! S M B ☺ A C

T F S ♠ D T S ♠ Y R E ♠ F S B T

At this point

L R € I G B C € S A € E S V € U H

your NEAR

H A T R _ S T U T V S ! N ? Q O M S

vision is

R G A Q B N E Z _ B M _ L A U W _ J ! N E S U _ D I Y O S F S M _ C N G R A
C B Y O M P W _ L R Z A T K X _ Q S U G F B V K Y _ X H Q C N H L P V
B K Q U W P _ J M E X V Z B N U Y _ L P I Y K N A D S _ W Z X _ Y O U A R E D O I N G G R E A T I E N J O Y I M P R O V I N G Y O U R E Y E S I G H T !



good if you

can read

The 2nd chart

* Chart 2 *

H E I I O

L ♠ ☺ R

At this point

your FAR

vision is

good if you

→ F H ☼ D G © H K

W B N S K ♥ G M X

Y V ♥ T A 5 R F Z J

Y U F R ☼ O N G D ! S M B ☺ A C

A D J _ G B L _ C H I P _ A R E T

I O P W C O _ F I _ U D N I _ G Q

O P A C E G T I Y N ! W ? R O T S

R T C S A Y E I V A _ W G T E _ A R E T I C O _ T R W C G Y O X _ V S I A
G I R T A _ Y U G N I R W _ W G T N G U P _ D B U I W A L P
E G I T _ T R E P U C A J W _ L O S P A R T U K E _ E T C _ Y O U A R E D O I N G G R E A T ! E N J O Y I M P R O V I N G Y O U R E Y E S I G H T !

At this point

your NEAR

vision is

good if you

can read

The 3rd chart

* CHART 3 *

F A I T H

H ♦ N ♣

At this point

your FAR

vision is

good if you _____

→ A G ☺ O V W ☺ P

F N © K L M ☼ C A L O L

V I S T A ♦ F O K L
K O L Q ! D U G K O P A O D F

P A T K O P h W E I R P D A P W

At this point

A M 5 Q U E P 9 B A 2 T R E M E 8 K E

your NEAR

R E M C _ S A I T P E ! K ? K A P T

vision is

C U _ G T R A P _ D I F A R T n J E R U D E I M S E R E R G E R K I R B E

good if you

C B Y O M P W _ L R Z A T K X _ Q S U G F B V K Y _ X H Q C N H L P V

B K Q U W P _ J M E X V Z B N U Y _ L P I Y K N A D S _ W Z X - Y O U A R E D O I N G G R E A T I E N J O Y I M P R O V I N G Y O U R E Y E S I G H T !

can read

The 4th chart

Chart 4

K I N D

N E S S

DION

At this point

your FAR

vision is

good if you

→ R A 6 N T 8 X C

S C O A B T 8 T N Q

P A 8 C O 8 9 2 3 A W O P

D R E A 6 E R T O 8 0 ! G I R 7 P W

H O P 9 W Q H 8 P C A J 2 F E W X

V R _ F U A Z S N _ U D I A M _ P E

D I E W P T C K O ! L P A S 2 P A

GTWBIATP_EG2WOXP_PEAUTO1ERFTYH1D57NAODICQN_XIOL
FRHIW_FHIWVLA_FBIARTEIA_PVDTALE
RGCAP_GGUAMPIZFUENTOPFN_IMA_YOUAREDOINGGREATENJOYIMPROVINGYOU'REYESIGHT!

At this point

your NEAR

vision is

good if you

can read

The 5th Chart

☺ Chart 5 ☺

P E O P L E

G Q Z E

At this point

your FAR

vision is

good if you

→ P X O V Y Q J L

K A Q M A 9 V 5 K E R

B R Q P A R R L C T E

V I ! J W U E V T K T U

C E R T U D E R _ C A M P _ K W U R

F U E T I A N 9 S I k D R I T A P Ñ Y Q

J C A I T E F P V O ! X ? L O P T

W E O P R E T I P F S I E T O M P G R V U T Q V I L P A

R I T W K P T B C _ G R X I T B L _ Q H F R I T E B A P _ W V P T Z A G
G R I W O L _ R G T W C U H I M O P _ T V W E R F I T _ F R T . Y O U A R E
D O I N G G R E A T I E N J O Y I M P R O V I N G Y O U R E Y E S I G H T !

At this point

your NEAR

vision is

good if you

can read

The Pinhole Glasses

Light is essential for our eyes to function. It's one of the external factors that the eyes rely on to have a better view of an object before it transmits the message to the brain for processing. When we look at an object, light enters the eyes from all sorts of directions. This allows for a greater amount of color and range of viewing which is good, but light can also cause some problems. Blurred vision can arise from excess lighting, so if you are experiencing any events of blurred vision, try to remember the external surrounding and the lighting. Was the lighting very bright?

To solve this problem we imitate the normal reflex of the eye in blocking the excess lights, but in a more efficient way. We make use of what we now call pinhole glasses. These spectacles are different to your normal over the counter glasses because they have no viewing lenses in the frames.

Pinhole glasses work in a similar way as our pupils do. When we look around at objects on a beautiful afternoon, everything is clear and there are no signs of eye strain. The appropriate lighting enables us to see these objects without any trouble. But, once we look at an object with a glaring light, our vision gets blurry and out of focus. Our normal bodily reaction is for our pupils to contract, allowing only little light to come in to our eyesight for a better view of the object. With the contraction of the pupil, the body only allows enough light for our vision to regain its ability to focus on a small area. This is nature's way of protecting our eyes, and the reaction allows us to see objects much clearer and sharper. This effect is what we are aiming for when we use pinhole glasses. The glasses have lenses which are darkened like sunglasses, but unlike the sunglasses the pinhole has its lenses filled with holes which are all equally spaced out from one another. The holes and the darkened lenses allow only enough light for the eyes to have a better, clearer, and sharper view. As a person wears pinhole glasses they will exercise their eyes and their vision to a point where the eyes are only allowed little light to view objects. The pupils then constrict for the eyes to have a view through the holes. With constant

use, the result would be that the eyes will be accustomed to viewing areas with reduced lighting and space, achieving greater focus and sharper vision.

Sharper and improved vision doesn't come that easy. The pinhole glasses take some getting used to. Walking around with little light for your eyes is not that easy, so if you do wear them make sure that you are in a safe place where there is a low risk of an accident occurring, and you should also refrain from driving or walking outside when using pinhole glasses.

The device has a simple but effective science behind it; use it along with other eye exercises for improved focus and sharper vision. The device is great for people of all ages and it's readily available online. As there is no prescription needed for you to wear one, buying them is easy and hassle free. Better yet, you can make a pair yourself.

Pinhole glasses are simple to make. Think of them as normal sunglass with holes on the lens. If you are planning on making a pair of pinhole glasses, you will need the following:

- A pair of your old glasses.
- A small screwdriver.
- Cardstock paper.
- Tape.
- Pin or needle.

How make pinhole glasses:

- Find yourself a old pair of sunglasses.
- With the screwdriver, remove both of the lenses from the old sunglasses.
- Trace the hole left by the lenses onto the cardstock paper and cut it out.

This will serve as your new pair of lenses.

- Cut them carefully, making sure that they fit and fill the space perfectly.
- Check the fit of the newly cut lenses. Fit and adjust as required.
- Use the pins or needle to make 70 holes on each lens, and try to space them out evenly.
- Once you have finished poking holes in the cardstock, place the paper on the frame and tape it together, making sure that you don't cover any holes in the process.

You have now made yourself a pair of pinhole glasses. Remember that these take time for you to get used to, so wear them in a safe place where you are not exposed to any accidents. It is recommended that you do not force your eyes into doing too much when you wear the glasses for the first time. Let them adjust by themselves.

CHAPTER 7: USING FOOD TO IMPROVE YOUR VISION



USING FOOD TO IMPROVE YOUR VISION

Through the previous chapters you have learned that your bad habits have caused your eyes a great deal of trouble. Everything from improper use to overuse of the organ has contributed to the current state of your eyes. You also learned that all these habits started when you were young and most of the habits were inevitable. Throughout this book you have learned that you have to attack the root to reverse the bad effects done to your eyes. You have practiced and learned many eye relaxing exercises and experiments, gone through several diagnostic exams to evaluate your current eye condition, and you have also been through an orientation of some vision aids for your eye improvement, and you even made one. Now you have realized that to permanently improve your eyes, without the help of any invasive procedure, you have to undergo a long process. There is, and will be, no shortcuts.

You have to religiously practice and follow the eye exercise program and use the pinhole glasses in order for you to achieve a permanent effect. Along with these exercises you should also change another aspect of your lifestyle, your diet. Like many fitness programs in gym clinics, the trainers combine physical

training with a proper and balanced diet. You should do interventions for improvement, externally and internally.

In this chapter we will discuss the different foods that will help you erase the bad effects of your habits. With proper nutrition and a regular balanced diet, you will achieve what you purchased this book for. Along with the right foods for your eyes, we will also discuss the foods that are bad for you. It is better that you know what foods to avoid so that you can stick with a better diet.

THE FOOD WHICH CAN HELP YOU IMPROVE YOUR EYES

You have read that there are no particular foods that can solely improve the condition of your eyes. When talking about using food to supplement the nutritional needs of the eyes, you have to consider all major food groups. By making use of different foods, you give your body all of the minerals, vitamins, and nutrients it needs. By using a holistic approach to diet change you boost your body's immune system, as you keep your eyes healthy.

Of the several foods you are to consider, select the ones which are high in omega 3. This nutrient is basically found in fish. Then, add a bit of fruits and vegetables, and eat the ones that are high in beta carotene and vitamin A. If you love salty foods, make use of natural herbs and spices as an alternative to your salt. Try to lessen your oil use as this leads too many diseases that affect the eyes. Try to use Olive oil, which is very healthy compared to ordinary cooking oil. Having mentioned the effects of cooking oil to your health, refrain from frying foods as much as possible and try to preserve the nutrients and minerals inside by boiling or steaming them.

Here is a list of foods that you can eat, categorized according to their kind.

Herbs and spices that are good for your eye sight:

- Parsley
- Oregano
- Turmeric
- Dill

Fish varieties that are good for your eye sight:

- Albacore Tuna
- Sardines
- Salmon
- Mackerel

Vegetables that are good for your eye sight:

- Broccoli
- Celery
- Green beans
- Peas
- Brussels sprouts
- Corn
- Tomatoes
- Carrots
- Sweet peppers

- Chili peppers
- Collards
- Leaf lettuce
- Dandelion leaves
- Spinach
- Leeks
- Mustard greens
- Squash
- Kale
- Sweet potatoes
- Yams

Fruits that are good for your eye sight:

- Dried Apricots
- Cantaloupe
- Persimmons
- Acerolas
- Guavas

- Blueberries
- Lemons
- Bilberries
- Kiwi fruit

These are the foods that you should look at buying when you are grocery shopping. Have a couple of these foods and segregate them into your meals three times a day. These will surely improve your eyes and your whole body as well.

Of course when talking about the right foods to eat we can not leave out the bad foods available out there which you should keep out of your diet. Unfortunately, unhealthy foods always taste better than healthy ones, we found this out the hard way when we were children. Nevertheless, they are non nutritious and only causes harm to our body. What do we refer to when we talk about bad food? We refer to red meat as these kinds of foods are very juicy and delicious. Sure they are full of carbohydrates and protein but they possess high numbers of fats and cholesterol that threaten to harm and cause long term diseases, so my advice is to taper it down a bit, as we have always

mentioned, maintain a balanced diet. Do not settle for only red meat or greens alone; combine them to get all of the minerals and nutrients your body needs.

Other foods that are bad are the ones that are full of chemicals, high sugar content, and are high in oil content. It's obvious that you don't want any chemicals in your body; you know they're bad for you, so it's better to stick with an all natural diet. You also know that high amounts of sugar and fat from oil is not good either, so if you don't engage in exercise that aids in burning these substances, then again you should taper down eating them.

BAD FOODS THAT CAN HARM YOUR BODY AND YOUR EYES

So what are the foods that harm your body?

Well we look at the usual suspects. These are:

- Fried foods
- Nicotine products
- Fat filled red Meats

- Alcoholic beverages
- Sugar filled foods
- Heavy oils
- Bakery products
- And other artery clogging foods

Here you see the basic foods that can cause more harm than the refreshment and enjoyment that they provide. Now you have a general idea of what to avoid when seeking something to eat at the grocery store.

Aside from those mentioned above, you should also avoid eating at fast-food restaurants too often as they use too much oil and other unhealthy ingredients. For more on unhealthy foods, here is another list:

Fried Foods

- Fries
- Takeaway foods
- Fried chicken

- Food cooked in grease

Alcoholic drinks

Nicotine commodities

- Cigarettes
- Cigars
- Tobacco
- Chewing tobacco

Red Meats

- Prime cuts of beef
- Pork
- And lamb

Processed meats

- Bacon
- Sausages
- Luncheon meat
- Pepperoni
- Other such meats

Bakery Products and pastries

- Cream filled cakes and pastries
- Cookies
- Doughnuts
- And sugar covered buns

Oils

- Excess consumption of oils can harm your eyesight

You just had a complete overview on what to eat and what not to eat. Use this knowledge to form a diet which comprises of all of the healthy nutrients you need. It's simple. Basically start your day off with a healthy all natural meal,

filled with carbohydrates and body building food, then mix it up a bit with a freshly squeezed fruit juice. Then, have a lunch of the same manner and dinner with greens and fish. Just remember to go for a little steaming and boiling rather than frying all the ingredients. By avoiding that method of cooking, you stay away from cooking with oil which is harmful when used for a prolong period of time.

Along with the good foods, you have also read and learnt about the things to avoid. Use this knowledge and be a bit strict with yourself when it comes to food. You obviously now know the foods and ingredients to avoid, so practice this. It's one thing to think about something good to do, and completely different and even better if you do what you think of.

Incorporate a well balanced diet with the knowledge and the exercises you have learnt and practice them properly and regularly to achieve better and improved vision.

CHAPTER 8: GOT HERBS?



USING NATURAL HERBS TO IMPROVE YOUR SIGHT

Herbs are something which are not new to man. They have been used for hundred of years to treat tons of diseases. One of the diseases it's been known to treat is disorders of the eye. Because of the known healing and supplemental abilities of many herbs, they have been widely used by many countries as a form of supplement or medicine. Different kinds of herbs have been combined in a concoction to heal and provide a natural, side effect free treatment to man's modern diseases, and so far this has been very effective in most cases.

Therefore, when we say using herbs in treating long term eye strain, we refer to using the all natural way that requires adding the herbs to our daily intake of food.

Before you go all herbal in your diet it's advised that you must first consult a trained herbal practitioner to discuss any contraindicated matters in regards to your health and the components of the herbs mentioned here.

Here is a list of herbs that have been proven to provide better health for eyes.

Aspalathus	<ul style="list-style-type: none">✓ It is known as a powerful herb which is native to South Africa.✓ It's widely recognized as a herb, by the name Rooibos.✓ It contains antioxidants that are similar to the properties of Bilberry.✓ The antioxidants have the ability to
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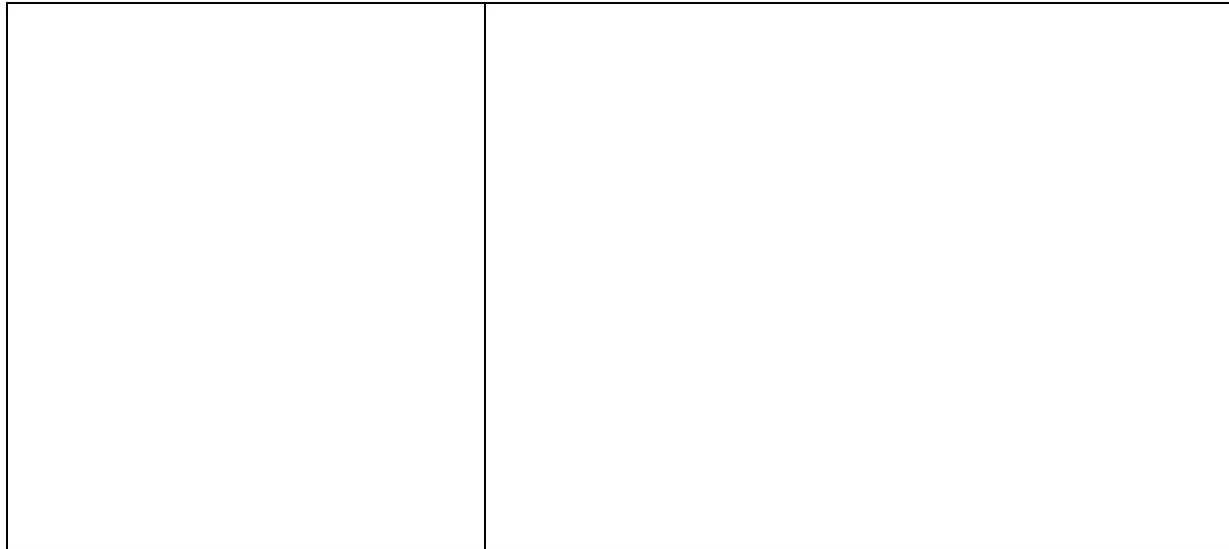
	<p>boost the overall health of your eyes.</p> <p>✓ It also aids in the overall condition of the body's immune system.</p>
Bilberry	<p>✓ Known to be a therapeutic herb.</p> <p>✓ This herb has a bioflavonoid component called anthocyanosides.</p> <p>✓ This bioflavonoid has been used by many physicians to treat eye disorders because of its ability to reduce the rate of macular degeneration.</p> <p>✓ It also has the ability to prevent other retinal conditions from occurring.</p> <p>✓ The herb has certain antioxidants, which</p>

	<p>have properties that protect the veins and arteries in the eyes.</p> <p>✓ This herb contributes greatly to your distance viewing, so have this in your diet and try the distance viewing exercise again.</p> <p>✓ Lastly, this herb is known to improve your ability to see at night. Night vision is greatly enhanced once you take a regular dose of Bilberry in your diet, thanks to the effects of anthocyanosides bioflavonoid.</p> <p>✓ Consider this: <i>The herb will have no effect in aiding you to improve your shortsightedness, far-sightedness, or</i></p>
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	<p><i>cataracts.</i></p> <ul style="list-style-type: none">✓ This herb aids in relaxing the blood vessels in your eyes.✓ It aids in alleviating eye strain due to viewing objects at a close distance or reading in dim lighting.✓ Another herb which helps the overall wellness of your blood circulation in your eyes.✓ Its best recommended for people suffering from macular degeneration as it has the ability to improve retinal deterioration.
Passionflower	

	<ul style="list-style-type: none">✓ This herb helps in treating disorders like conjunctivitis and sties.
Ginkgo Biloba	<ul style="list-style-type: none">✓ This extract protects the person from the harm effects of UV rays and other harmful effects of the sun.✓ It has also been proven that this herb has been known to be an excellent remedy for strengthening the capillaries in the retina.✓ This herb is an overall eye supplement. It maintains the overall eye health and slowing down the process of eye aging.

Bilwa	<ul style="list-style-type: none">✓ This is a herb with some anti-inflammatory properties which is best for eye conditions that result in eye irritations and inflammation.
Mahonia Grape Extracts	<ul style="list-style-type: none">✓ It has pain reducing properties that are found to provide quick relief from minor inflammation.



Great things come in small packages; this is certainly the case here. Who knew that there could be tons of therapeutic effects from a single shrub! That's why you should take full advantage of the things around you, be curious of the properties and what abilities a certain plant can bring to the table. Why is it always seen in supplemental medicines, what's the buzz all about? These questions should always be on your mind for you to determine what food and herb is good or bad for your well being.

Incorporate these herbs into your daily diet and use them as supplemental help. Some of these herbs are now isolated by medical companies into single

high concentrated capsules. Maybe test them out as they are all natural medicines which have no known adverse effects.

Another way of incorporating these herbs into your daily diet is by using them as alternative spices for salt. It's another way of using their flavors and therapeutic effects to help us, without even trying. The herbs, along with the exercises and the healthy foods, comprise two thirds of what this book will teach you. Use what you have learnt and practice them. There are different plants out there that will produce good effects for your eyes and whole body. Consult with a credible herb expert on these topics so that you can expand, as well as update what you have already learnt. These Ayurvedic treatments have been around for a long time which means that they're not only proven to have good effects by science but they are also proven by time.

CHAPTER 9: BRINGING BACK THE JUICE TO YOUR EYES



BRINGING BACK THE JUICE TO YOUR EYES

Cold juice has been part of our daily diet since we can remember. Well why not, it's refreshing, tasty, and healthy. People drink fruit juices mainly because they have better effects compared to carbonated drinks and they are delicious. They are an all in one vitamins and minerals fiesta pack in one glass.

There are many fruits and vegetable out there that can pack quite a tasty drink. In this chapter we will browse the different fruits and vegetables and their effects on the body. They will be categorized depending on the disorder they help fight, but before that we dwell back on the importance of an all natural drink to our body. There are many benefits of having a daily intake of fresh juice in a day. Here are some of them:

Vegetables and fruits in the form of juice have been known to deliver much needed enzymes to parts of the body much quicker and efficiently because they are easily digested through liquid form.

When you squeeze fresh fruits into juice you have removed unnecessary fiber which enables the body to absorb the essential nutrients of these foods without needing to wait until the body has cleansed out the digestive tract, in order to absorb the juice into our system.

Adding brewer's yeast, wheat germ, or whole grains to your fresh juice gives it additional protein for body building. This can be an alternative to red meat during snack hours. This is also a better way of letting the body absorb protein because it is now in liquid form.

The best way to drink juice is to make only what you can drink. This ensures freshness and it also prevents the excess amount from being wasted because these drinks then breakdown if they are exposed to too much sunlight or stored for a period of time. So, drink only what you can.

Make and drink juices that are made of fresh, organic fruits and vegetables. Commercialized and inorganic drinks have chemicals from pesticides and other plant enhancing chemicals, and you don't want anything in your body that is used to kill insects, right?

There is a more clever way to ensure that you are drinking only fresh and healthy juice that is without any chemicals. You can do this by filtering out the fiber, because this is where pesticides find root.

Combining fruits and vegetables is a great way of consuming tons of nutrients from a single glass, from the best plants out there. A bit of greens with fruits is best. You may think that it's some what disgusting, but not as much as you many think; athletes and trainers have been doing this for years. Add these greens to your juices:

- ✓ Broccoli
 - ✓ Chard
-

✓ Dandelion

✓ Kale

✓ Parsley

✓ Spinach

✓ Watercress

The next consideration is the type of juicer you use to extract the nutrients and juice from the fruits and greens. Some juicers are very aggressive and fast, which produce heat that is enough to destroy the minerals and nutrients in the food. Look for juicers which have a working speed that is adjustable, preferably to a speed of 80 rpm, and don't go for ones with a 3600 rpm.

80 rpm is the best speed to crush fruits and vegetables; it slowly does this until the mixture is a smooth liquid. It will take a little while until the fruits and veggies become juice, but this is the only way to preserve the nutrients.

Here is a list of different greens for different cases. As you read on you will find fruits and vegetables for different eye disorders. You can use and refer to this guide in the future, especially when you are suffering from the following disorders:

Best's Disease

➤ Do not use too many fruits in this recipe, as you can see there are mainly vegetables listed here.

- apples
- grapes
- raspberries
- beets
- cabbage
- carrots
- celery
- leeks
- spinach
- ginger
- garlic
- parsley
- lemon
- chlorophyll
- wheat grasses

Cataracts and Conjunctivitis	<ul style="list-style-type: none">➤ apple➤ blueberry➤ carrot➤ celery➤ endive➤ spinach➤ parsley
-------------------------------------	--

Macular Degeneration	<ul style="list-style-type: none">➤ broccoli➤ green bell pepper➤ greens➤ red bell pepper➤ apples➤ raspberries
-----------------------------	--

Floaters

It's pretty much an equal combination of fruits and veggies.

- apple
- raspberries
- beets
- carrots
- celery
- parsnip
- garlic
- parsley

Lebers or Optic Neuritis & Optic Nerve Atrophy	<ul style="list-style-type: none">➤ chlorophyll➤ wheat grasses➤ berries➤ beets➤ cabbage➤ carrots➤ endive➤ ginger➤ parsley
---	---

Diabetic Retinopathy This is a disorder where you need more veggies than fruits.	<ul style="list-style-type: none">➤ raspberries➤ ginger➤ garlic➤ parsley➤ chlorophyll➤ Jerusalem artichokes➤ asparagus➤ beets➤ cabbage➤ carrots➤ celery➤ leeks➤ pumpkin➤ spinach
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Glaucoma Definitely more vegetables for this disorder; you should have listened to your parents.	<ul style="list-style-type: none">➤ raspberries➤ plums➤ apple➤ turnip➤ radish➤ parsley➤ cucumber➤ celery➤ carrots➤ cabbage➤ beets
--	---

Retinitis Pigmentosis	<ul style="list-style-type: none">➤ wheat grasses➤ ginger➤ garlic➤ beets➤ cabbage➤ carrots➤ celery➤ leeks➤ parsley➤ spinach➤ grapes➤ raspberries➤ lemon
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These are the fruits and veggies that you need to put and add to our recipe. I hope that you have a good idea of what to incorporate, especially if you are suffering from the disorders mentioned above. Drinking the juices with a well

balanced meal provides your eyes, and entire body, with the vitamins, minerals, and nutrients it needs to carry out tasks for the entire day. It also provides your eyes with the needed supplement to overcome any underlying diseases.

CHAPTER 10: HARMFUL DRUGS FOR THE EYES



HARMFUL DRUGS FOR THE EYES

Medication is one of those things that we can't live without. With all the diseases arising from all sides, we are pretty much dependent on the medications that doctors prescribe. What we don't know is that most of these drug have adverse effects if used for a prolong period of time. They may damage the kidneys or liver, and sooner or later they will affect the eyes.

Knowledge and curiosity is very important when we are asked to take certain drugs. Do not be shy, ask why and what it's for, ask your physician about the adverse effects, search the net for user feedbacks, and simply educate yourself about anything that you put in your mouth. Drugs are one of the most silent causes of many eye problems. Therefore, it's best that you scrutinize what you are taking.

Here is a list of medicines that have certain adverse effects on the eyes.

Familiarize yourself with them.

The use of steroids

This is a very dangerous drug and should only be used when necessary; it doesn't only affect the eyes but also the liver and kidneys. Make sure you supplement yourself with vitamins A, E and C, and also look for foods rich in beta carotene. Look for alternative drugs you can take. Ask your doctor if you can replace the steroid with a more natural cortisone, such as hydrocortisone.

Here is a list of hemorrhage causing drugs:

- Venlafaxine, a well known antidepressant.
- Pentoxifylline, a medicine used for blood clotting.
- NSAIDS (Non-Steroidal Anti-Inflammatory Drugs) and other over the counter pain relievers are again dangerous to your eyes if used for long periods of time.
- Amphotericin B, a well known antibiotic.

- Coumadin, heparin, Anisidione, and other oral anticoagulants.
- Cholesterase inhibitors, which are often used in the treatment of Alzheimer's.

Anti-malarial drugs

These are drugs known to have adverse effects that result in some changes to the cornea. They are known to produce halos around lights, increase the possibility of light and glare sensitivity, and they also affect a person's visual clarity. Cessation of the drug results in the disappearance of the signs and symptoms of corneal damage.

Examples are:

- Chloroquine
- Quinacrine
- Hydroxychloroquine

Drugs that can lead to cataracts and macular degeneration:

Birth control pills, Sulphur drugs, Antihistamines for allergy, Tranquilizers, Antidepressants, Steroids, Oral anti-diabetic drugs, Antibiotics like Fluroquinone, Mefloquine, and Terbinafine, Glucocorticoids (Prednisone), and finally NSAIDS, such as Ibuprofen, Advil, Aspirin, Meclofen, and finally Soretinoxin and Eretinate.

Drugs that harm the retina:

- Clonidine, which is also under the brand name of Catapres. It's used to fight high blood pressure.

- Plaquenil (Hydroxchloriquine sulfate). It's famous for treating the signs and symptoms of rheumatoid arthritis, but sadly it's been said that it can cause irreversible retinal damage.

- Thioridazine, a drug for fighting infection but it also has the ability to cause pigmentary retinopathy.

- All the drugs that are under the NSAIDS family, including:
 - ✓ Ketoprofen
 - ✓ Tylenol (acetaminophen) which can be harmful to your health
 - ✓ Flurbiprofen
 - ✓ Aspirin
 - ✓ Naproxen sodium
 - ✓ Ibuprofen, such as Aleve, Advil, Bayer and Motrin

Again these drugs are used to provide relief for certain ailments, but their side effects make them dangerous with prolonged use. So, if you are ever prescribed one of these, make sure that you tell your doctor any eye ailments you currently have. Also, only use them when necessary.

Drugs that lead to circulation problems in the eyes:

- Androgen replacements which have synthetic hormones
- Estrogen

Medicines that lead to cases of Glaucoma and/or damage of the optic nerves:

Venlafaxine, Fenfluramine, Antidepressants, Mirtazapine, Simvastatin, Gastric antispasmodics, NSAIDs and steroids; stay away from any cortisone prescriptions, like Prednisone, as they are extremely damaging to the eyes.

These are drugs which are commonly used by many people, which is why it is very dangerous. Proper knowledge dissemination must be upheld because even though they provide relief of major diseases, they replace this relief with underlying eye problems. Every drug comes with free documentation, so as a responsible buyer you should take the time to read this paper and try to see the contraindications and the adverse effects. If the drug is necessary then you have no choice, but see if there is an alternative medicine with the same effects, but lesser side effects. If that is not possible then ask your physician, or you could take any supplement along with the drug that can lessen the side

effects. It is important that you only take the drugs mentioned above as prescribed by your doctor and for no other reason whatsoever.

CHAPTER 11: EYE DISORDERS



EYE DISORDERS

As we come to the end of the book we have learnt and browsed through several ways on how to prevent, treat, and avoid eye ailments, so are we done now? Not really. We haven't discussed the eye ailments after all. We have saved some of the best knowledge for last. In this chapter you will learn about different eye ailments, their signs and symptoms, treatment, and so on. They will be thoroughly discussed, in order for you to have a wide view regarding eye ailments.

Information here is very informative, in a user friendly way, but it is not a substitute in any way to a proper consultation with a physician. Again, it's best that you consult with your physician about certain ailments that you are experiencing. In the case that this book has helped and enlightened you about certain signs you are currently experiencing then this is a great plus during consultation because you can thoroughly elaborate your feelings and ailment.

You may encounter different eye ailments and if you are experiencing any of the symptoms listed then you should properly identify the symptoms and categorize the disorder to your understanding. Then, you should immediately consult with your physician for immediate medical treatment of your eyes.

Only the physician is capable of formally naming your eye ailment, so to be on the safe side, it is best that you receive the services of your physician before doing any of the exercises.

Now, to the matter at hand. Right here are 6 of the most common eye ailments known to man, arranged properly according to description, signs and symptoms, and treatment. The six ailments that we are to discuss are the following:

- ✓ **Myopia, Presbyopia, Glaucoma**

Myopia

Also known as nearsightedness or shortsightedness, this is a condition where people may find it difficult to look at far objects with focus and clarity. Normal signs are that these objects would appear fuzzy and blurry to the person's eyes. People with this condition can only see objects that are near.

There are a few known types of nearsightedness. The first one is acquired myopia. This form of the disease is acquired by a child only after his infancy years. There are many causes of acquired myopia, generally it starts with a chronic disease which then results in eye ailments or the use of strong medications for a prolonged period of time.

Some of the causes of myopia are as follows:

- Uncontrolled diabetes.
- Certain types of cataracts.
- The use of antihypertensive drugs and other medications.

The medications basically affect the refractive power of the person's eye lenses.

Physiologic

Among the three types, physiologic myopia is the most common. It happens to children in ages ranging from 5 to 10 years. The condition is known to progress until the eye is at a fully developed adult stage. There are two known sub types of physiologic myopia; these are refractive and axial myopia. The refractive type is described as having a strong bending property of the cornea and the lens, compared to the normal eye. If you look at the eye at the axial form you will see that the eyeball has become too long.

Pathologic myopia

On the other hand, this disease is a less common abnormality. It starts with a physiologic myopia then complicates to pathologic. The difference is that this disease does not heal as the person grows, unlike with physiologic myopia. The eye continues to enlarge until it is treated properly.

There are two subtypes under this type; progressive and degenerative. The progressive form is an advanced form of myopia whereby the eyes continue to enlarge until they are treated properly. If not treated, the condition worsens and becomes the degenerative type of the disease whereby it worsens and vision deteriorates.

Quick facts about the disease:

- Also known as short-sightedness.
- It occurs from only using vision for short distances.

- Myopia is not inherited.
- Children are the main victims because they have the tendency to constantly look at objects that are at a near distance, especially during studying.

Causes:

- pressure
- frustration and
- anxiety
- activities that lead to strained eyes
- forcing your eyes to work, like forced reading due to studying and the sort
- underlying diseases or work related issues
- bad posture
- neck and back tension

Treatment

It's important that you get immediate medical treatment once you have felt the certain signs and symptoms of the disease.

You can treat the condition by first determining what led you to acquire the condition, then attack and treat the condition from there:

- You will need to think about changing your lifestyle.
- Start to exercise your eyes to see at varying distances.
- Engage in outdoor activities like playing frisbee, running, or even swimming.
- It is suggested that the more distance activities you do, the more your eyes will become adjusted to seeing at varying distances.
- Take time to relax and rest. Find ways to reduce or relieve some of the pressures that you feel.
- Allow your body and eyes to relax.

Presbyopia

It's a disease which is acquired with age. The eyes tend to grow old as our whole body grows old. In addition, presbyopia is the end result of the eyes for some people. It develops usually at the age of 40, then progresses or complicates depending on the treatment the person receives.

- It's known as the aging of the lenses in the eyes, as well as the muscles which control the shape of the lenses.
- Lenses of the eyes become rigid and lose their flexibility.
- Causes people to not be able to read or do close work.
- Unfortunately it can come with Hyperopia (far sightedness), Myopia, or Astigmatism.

- Characterized by difficulty seeing various objects up close.
- In the event that you are experiencing symptoms, you should have your doctor check your vision to see if you do have this eye ailment.

Causes

The disease is a refractive error that means the eyes have their shape compromise their ability to bend light correctly. This results in all of the symptoms of the disease, like blurriness and haziness. It's mainly due to old age and lack of nutrients to the eyes.

Treatment

If it comes with age then there is no permanent treatment that can eliminate the problem; but wearing glasses is recommended as they return your vision to normal. It's better to have an alternative treatment than nothing at all.

There are two types of eyeglasses to treat the light bending abilities of the eye; they are the bifocal lenses and progressive addition lenses. If you don't want to be looking like an old person when you are wearing glasses then you can settle with the modern look; you can opt for contact lenses. Naturally, when using some vision aids, it is common for you to adjust and get used to them. Thus, you might feel some periods of headaches and dizziness, but this is all normal.

Glaucoma

It's a very sophisticated and tricky eye disorder. This disorder has been known to be very silent in terms that it is painless at first, and people tend to know that they have glaucoma when it's too late already.

A simple eye exam determines if a person has glaucoma or not. It is described as an added pressure to the eyeball due to some event or physical accident

that you have gone through. It is tricky because even though there is pressure on the eyeball, there will be no pain felt here.

Its unnoticeable characteristics make the disease hard to detect and because people only know a little about this illness, things get harder. For starters, there are many forms of glaucoma; 5 of them to be exact.

Chronic Glaucoma

- Also called primary open-angle glaucoma.
- This is the most common type of glaucoma.

Congenital Glaucoma

- This is a rare form of the disease.
- It is caused by an abnormal drainage system in the eye.

- It usually manifests itself during the time of birth, or shortly thereafter.

Surgery is the recommended form of treatment. The condition leads the person to be sensitive to light. Furthermore, the person will have enlarged and cloudy eyes which will be teary or even watery.

Acute Glaucoma

- It is also called angle-closure glaucoma.
- This type occurs when the pressure inside of the eye rapidly increases due to the iris blocking the drainage of the aqueous fluid.
- This is considered an attack. For that reason, the resulting attack in general is often quite severe.

Patients will suffer from pain, redness of the eye, blurred vision, and nausea. Immediate care should be sought before complications occur. The primary and

most recommended treatment is laser surgery. It has the ability to clear this blockage and protect against any future visual injuries.

Secondary Glaucoma

- This disorder results from other various injuries of the eye.
- Some of them include cataracts and eye inflammation to name a few.
- It is also a result of prolonged use of cortisone steroids.

The steroids cause the pressure on the eyes to increase and aggravate. Increasing pressure is very dangerous, so when in the middle of an episode of attack, immediately seek medical treatment and note the condition and the pressure applied on the eye before any major complications happen.

Causes

There are dozens of causes of glaucoma, ranging from:

- Inadequate drainage to the eyes.
- Poor blood supply to the optic nerve fibers in the eye.
- Outflow channels which have become blocked.
- Other times, glaucoma results from build up of toxins in the body.
- A health condition of the nerve fibers or a weakness in the structure of the nerves.

Treatment

There are two methods to treating secondary glaucoma; either the physician will perform an eyeball puncture or prescribe medications. The eyeball puncture method is where the eyeball is punctured slowly at a point where there is a buildup of excess fluids, which is the main cause of the pressure on the eyeballs. By doing this you release the excess fluids, relieving some of the pressure.

Medications used to treat glaucoma are more of the palliative type. There is no current medication on the market that permanently cures secondary glaucoma. They are only temporary measures as the effects and the pressure of secondary glaucoma returns over time, after the effects of the medications have passed their therapeutic effect, which brings us all back to zero.

Other treatments:

First off, let me just say that there is no cure for Glaucoma. As time passes by, the person will eventually go blind. This section presents medical practices and interventions that aid in the control and slowing down of the disease.

Medical treatments:

- Eye drops.
- Considered the most commonly used form of treatment for Glaucoma.

- For people who have trouble with eye drops the market also has pills that have the same effect.

Laser Trabeculoplasty

This is the best treatment for patients suffering from complicated stages of Glaucoma. This is done soon after the pills and the eye drops fail to stop the progress of glaucoma on the eye. This is done to prevent further damage. The eye drops are then applied again after surgery. You are not required to stay at the hospital after surgery.

Trabeculectomy Surgery

This is done after the pills, the eye drops, and the laser surgery have all failed at stopping the deterioration of the eyes. The surgery aims to make a new channel for the aqueous liquid to drain from the eye. The new channel

facilitates proper drainage from the eye, decreasing the pressure and halting the deterioration process.

Alternative treatments of glaucoma:

- You have to stop drinking caffeine rich coffees, teas, and other such stimulants.
- Try to have a break, relax, and rest, to allow the flow of blood to the eye to continue without any constrictions.
- Use the sun to treat your disorder. You do this by closing your eyes then turning your face to the side where the sun shines at your face. By doing this, you allow the heat of the sun to become absorbed by the eyes. This exposure to the sun's heat will facilitate the opening of the blocked fluid channels of the eye.

You may find it very useful to combine both natural and medical methods. By doing this, you preserve your sight in the long run by using a combination of both methods of treatment.

As mentioned earlier, glaucoma is a very sophisticated disease. If you have felt any abnormalities in your eye then you should visit your doctor to get immediate treatment.

CHAPTER 12: THE CONCLUSION



THE CONCLUSION

TIPS TO KEEP IN MIND

In this 20th century generation, most of us are exposed to substances and lifestyle that can strain or put some pressure on our eyes. Many of the people we see around us use sunglasses and practice measures to not strain the eyes. Preventing eye diseases from occur is better than treating them. As we try to change our lifestyle and practice healthy living we will experience noticeable effects on our vision. Protecting our sense of sight is very essential because it is one of the keys to life, allowing us to enjoy what is around us, everyday. So, let us see how each of these tips and habits can help you.

Air conditioner use

When using the air conditioner, it is advisable that it should not be facing your face, especially your eyes, since it could alter the moisture of our eyes. This moisture is very essential because it is responsible for protect your eyes from

any foreign material. In addition, during stressful conditions like lack of sleep, and long travels, moisture from the eyes keeps them protected. The loss of moisture could lead to serious defects, such as corneal abrasion; furthermore, continued corneal abrasion could lead to blindness.

Salt

Salt is a very common ingredient in our daily intake of food. Salt is very important for the proper function of our neurons and nerve fibers. However, too much intake of salt could possess a great danger; not only could it cause kidney and cardiac problems, it could also lead to dangerous complications that can damage the eyes. Another alternative to salt is widely available in the market today. Instead of adding salt, adding spices that enhance the taste of salt can also be used.

Sunglasses

People are wearing sunglasses most of the time. It has become part of our apparel and part of our everyday use. It is not only used for fashion purposes but basically it is used to protect our eyes from the harmful effects of the sun's glaring light. Most sunglasses are made with protective coating over their lenses, such as ultraviolet ray protection. These are used to prevent negative effects when there is too much exposure to the sun's rays. Using sunglasses is one of the preventive ways of minimizing damage to the eyes and preventing us from further eye deterioration.

Exercise

We are all aware that exercise is good for our health. Simple exercises, such as walking to work or cleaning the house, could make a good attribution to our health. Same with our body, our eyes also need regular exercise to improve our vision and make the muscle of our eyes more flexible. Exercise will ensure that blood flow going to our vital organs is not blocked. In addition to that, it could also help prevent constriction of our blood vessels. Thus, exercise

prevents not only eyes problems but also other illnesses that could pose a threat to our daily living.

Healthy diet

Health is one of the most widely discussed topics around the world, even in the digital arena. It is because health is very important to maintain for the reason that most of us believe that health is the key success to wealth. Wide open in the market are diet regimens that suggest that complete and equal contents of the essentials vitamins and minerals are needed for the body. This includes, avoiding eating foods rich in preservatives and salt, such as junk foods. Keep away from processed foods that contain less vitamins and minerals. Eating a balanced diet includes a meal rich in fruits and vegetables while also having a meal with ample amounts of carbohydrates and protein. In order to have good digestion whole grains need to be included, as well as

other foods rich in fiber. Having a healthy and proper diet is one of the ways to prevent eye damage.

Quit Smoking

For most people today, smoking is a part of their lifestyle. People smoke because it satisfies their fixations. It is also one of the most common forms of recreational drug use. However, smoking has many negative effects on the body. The tobacco used for smoking is one of the reasons for deaths of young aged people. Smoking carries with it various diseases, which include the complication of eye damage. Some of the eye problems experienced during smoking include macular degeneration, optic nerve damage, and even cataracts.

Taking eye breaks

In our busy world, taking breaks is less prioritized. Our lifestyle dictates us to spend long hours working and to concentrate on work throughout the day

without taking any breaks. For example, most of us are spending long hours facing the computer. This instance could lead to stress which would later on strain our eyes. Taking a break, such as closing our eyes once in a while, is very helpful to prevent any eye damage. Once in a while, stopping staring at the computer screen allows our eyes to recover from the various stresses we encounter.

Reducing Glare

By reducing glare, it also reduces strain on our eyes. Doing this includes the use of technologies which have anti-glare effects, such as an anti-glare filter on computer monitors or anti-glare glasses when driving during daylight. By using a lamp when working and facing it towards the computer, this could also reduce glare.

Keeping things at a distance

When in closer focus, the eyes have to work harder. By keeping focus as far as tolerated, this can prevent strain on the eyes. Do not move too close to the monitor while working; instead move back in a way in which you can still see your work.

Having adequate lighting

Ensure adequate lighting when reading or watching a movie. This is another way to prevent eye strain. Avoid reading in low light, or staying long in the movie house where lighting is not adequate. Also, avoid reading while lying down because it adds pressure to our eyes.

You may have heard these steps before, however you might not consider applying them. By practicing these steps off by heart, you can appreciate different ways to improve vision and avoid any eye problems. Putting these tips in your daily living is a good practice to prevent problems related to your vision.

The book you have purchased has given you in depth information on how to face, and intervene, eye disorders properly and in a structured manner. With the guidance of the knowledge you have acquired you will now have the ability to treat simple to difficult eye ailments with the use of simple methods. Basically everything is pure common sense, it's being smart and trying to prevent things from becoming complicated. When you have an abnormality on your body you report it and find information about it, that way you can receive treatment fast and effectively. This is the fact that we have been trying to tell you from the very beginning.

Don't wait for a situation whereby your eyes are no longer functioning just because of some irresponsible act. This book, with its facts and interventions, can only go so far. In fact, we can only provide long term treatment for long term improvement. That alone is very enticing but the disadvantage here is that when some ailments like glaucoma become complicated, all of a sudden something like an acute glaucoma attack is very painful to the extent that patients nauseate and vomit. An event like is out of this book's range, so as you can see we have also provided you certain tips like exercises for your eyes,

foods for your eyes, all of the things needed to prevent something like this from happening. But, when you are in a condition where attacks are inevitable, your best bet to save your precious organ is to go directly to your physician, which we always remind and recommend you to do.

Final Word

You have now read the book from page to page, so it's safe to say that you are now somehow equipped with the best knowledge to improve your eyes, and your whole body as well. I hope you follow all of the programs and the diet regimen for it to be successful. So to summarize things, you started the book with an eye evaluation test. With these procedures you have gotten a good basis of your eye's overall health. You have undergone distance viewing and certain focusing exercises like the charts, which vary in size and traits. Having gone through all that, you were then treated to various exercises.

The exercises served as a therapy, as well as another evaluation test. They are evaluation tests because, just like any other routine activity, you were asked to perform these exercises and to see how far you and your eyes could go. As you progress with your days, we have used your first performance as a basis to future results. As we go on with the program, we try to increase your eye's performance with sets and repetitions of the said exercises. I hope that by now

those exercises have proven their efficiency and I certainly hope that you have gotten what you were expecting from such rigorous exercises.

Again, those exercises have no age requirements or limits. Anyone who is suffering from bad eye sight can make use of the exercises. Aside from the exercises that were rigorous, you also learned certain relaxation techniques, many of which are very helpful in our busy and stressful life; I hope you don't forget the exercises like palming and proper deep breathing. We try to involve all body parts in our exercises because our eyes are somehow the organ that receives unfair stress and punishment when our body is under stress. Therefore, you can see that these relaxation exercises are aimed at preserving and improving your eyes' performance, and the body's stress coping abilities.

Like a structured fitness program, you have also been lectured with certain foods that are good and bad for your health. Aside from these foods, you were also taught what to believe and what to disregard, regarding to old tales about eye ailments and so on. Now, back to the foods, its best that you always refer back to the sets of food in this book for your diet; make it your diet guide. Sure

it can be very difficult to follow, especially because it lacks some of the most delicious things in the world like red meat and so on, but all of that is for your own good and I hope you readers realized this. Of course, it's impossible to stay away from meat and everything else, but what we are trying to say is to taper down such bad eating habits. You should achieve a BALANCE diet, meaning you don't just settle with one food group, you make use of all the food groups. Combine them together in every meal so that you get the best nutrients for the body and of course for your eyes. Think of it like making your fresh juice, it is yummy right? No one would think that something as sweet and refreshing as that juice you made would be filled with greens, greens like veggies and herbs. If they knew that, they would think that you got that idea from some kind of television program.

Anyway, I hope you had a great time reading this book. I think we can both say that right now you are more confident and equipped regarding facts about eye ailments and treatment. You are now more disciplined, unlike before when you were practicing bad eating habits and kicking a lifestyle full of stress and

vices. By this time, your vision has improved as well as your whole body. It shows in how you carry and think about yourself.

If you are not on that level yet, then something went wrong along the way. If you are now disappointed and frustrated then you should review what things you have done wrong. Have you changed your lifestyle? Are you doing the exercises properly? Do you relax after a long day's work? Have you gone through the book seriously?

Ask yourself these. I am sure that by the end of your evaluation you will find out something that has gone wrong, or something that you have missed out. But, don't worry. As long as you are not having any serious attacks like acute glaucoma then you are always welcome to refer to the book, but now you should with more discipline and enthusiasm.

With that said, I am glad to think that you are enjoying the results of your self improvement. Your eyes are a wonderful organ. They're the only organ that makes use of light. They're considered to be the main sensory organ, and no

normal person can imagine a life without their eyes. So as early as now, serious eye ailment or not, you must discipline yourself and follow what you have read. This book does not require you to spend money on vision aids and so on, it requires you to think responsibly and change your lifestyle. I have hope that you are ready to change yourself, for the benefit of yourself.

All these facts and information are given to you so that you can treat any ailment, as long as it does not require immediate help. The exercises, interventions, and diet regimens found within this book are in no way considered as a main alternative to medical advice and treatment. When you are facing or experiencing abnormalities in your body, it is still best that you consult with your physician before doing anything by yourself. Remember that your doctor is the perfect person to diagnose and treat you immediately. You can only use what you have learned if you have consulted with your physician about the ways and treatments found within this book. If your physician has given you the go ahead signal, then go ahead and improve your eyesight.

